

September 2026

Nahant Tiffany Times

Nahant Council on Aging
Our Mission



*"The mission of the Nahant Council on Aging is to provide **physical, emotional, and mental stimulation** enabling those sixty and over to achieve engaged and fulfilling lives in a safe environment."*

Dear Friends,

>>>>> **IMPORTANT INFORMATION** <<<<<<

I am so excited to share some wonderful news with all of you! Although it is last minute, and I apologize for that, The Nahant Council on Aging is moving forward with our much-anticipated kitchen renovation! This project will help us create a safer, more functional space and allow us to continue expanding our meal programs and services for our seniors.

Beginning Monday, August 31st, we will temporarily relocate to The Nahant Village Church located at 27 Cliff Street (right up the street) while the renovations are underway. They have welcomed us with open arms and have everything we need for a smooth transition. Although we will be in a different location for a little while, our commitment to serving you remains the same. We will continue to provide programs, activities, meals, transportation, and opportunities to stay connected with friends and neighbors. We will still have tons of fun!!

Change can sometimes be challenging, but this is an exciting step forward for the Council on Aging. We are looking forward to welcoming everyone back into our newly-renovated space when the work is complete.

I want to thank our seniors, volunteers, staff, the Town of Nahant, and everyone who has supported us throughout this process. Your patience and support have helped make this possible.

Here's to an exciting new chapter for the Nahant Council on Aging! We can't wait to show you what's coming. Please feel free to contact me with any questions or concerns.

Warmly,

Kelly King, Director
Nahant Council on Aging

Nahant Council on Aging
Monday-Friday 9:00am-1:00pm
Lunch will be served at 11:30am
Monday-Friday

Nahant Senior Center is located at:
334 Nahant Road, Nahant, MA 01908
(Lower Level of Town Hall)
Tel. # 781-581-7557



September 2026 At A Glance



Join us Thursday, September 3rd for a trip to beautiful Gloucester to enjoy the spectacular blooming dahlias! Afterward, we'll head to Lobstaland for a delicious lunch before returning home. Bus will leave the COA at 9:30 a.m. See page 9 for details.

Join us Friday, September 4th at 11:30 a.m., as we celebrate Labor Day with a festive party at the Knights of Columbus. Enjoy good food, great company, and an afternoon of fun as we honor the hardworking spirit of the holiday. See page 9 for details.



Monday, September 7th - COA CLOSED FOR LABOR DAY

Music After Lunch: Every other Wednesday in September. Music dates are September 9th and 23rd at 12:30 p.m. Join us for an afternoon of laughter and fun singing with Michele in the Nahant Village Church. See page 7 for details.



Come join us at the Nahant Village Church for a fun and lively game of Pokeno, where laughter and friendly competition go hand in hand. It's a great way to meet new people, enjoy some spirited games, and be part of a welcoming group that truly knows how to have a good time! The dates are September 10th and 24th at 12:30 p.m. See page 7 for details.



Monday, September 14th - Mystic Valley Aging Services will present a MEDICARE WORKSHOP for Medicare.gov. We will learn how to navigate the Medicare website, there will be discussions on how to set up a Medicare.gov account, and there will be a document handed out to help each of us navigate the website from home. See page 7 for details.

Sunday, September 27th - Join the COA for a trip to the Greater Boston Stage Company to see the play "Shear Madness". Tickets are \$35.00 per person. The price does not include lunch prior to the show at Evviva Trattoria. Payment must be made by Tuesday, September 22nd. The Bus will leave the COA at 10:30 a.m. See page 10 for details.

Senior Center Trip Cancellation Policy

Please refer to each trip flyer for specific cancellation deadlines. Cancellations made after the posted deadline will only be refunded if a replacement participant can be found. No refunds will be issued for no-shows on the day of the trip.



OUTREACH



In an effort to meet our Mission, the Nahant COA provides a variety of services to the members of our community and surrounding areas.

TRANSPORTATION OPTIONS: “THE RIDE.”

Transportation to anywhere you want to go for any reason.

If you have a doctor-certified disability prohibiting you

from using public transportation, you’re eligible for affordable

door-to-door service 365 days a year, throughout the North Shore and Greater Boston area, thanks to the MBTA’s “THE RIDE.”

For more information:

Visit the MBTA on line at www.mbta.com/the_ride or call the MBTA at: 617-337-2727 .



If you have any **MEDICARE** questions, contact

Mystic Valley Elder Services, 300 Commercial St. #19, Malden, MA 02145.

Phone: 781-324-7705 or online at

www.mves.org

MEDICARE questions can be left by calling the above number and asking to speak with

a Counselor on duty or leave a message.

Counselors are not always available on a daily basis, but calls are returned ASAP.

Caregiver “Connections”

A place of welcome, to support those who care for people living with memory loss.

Meeting in person every third Tuesday (September 15th) at 11:00 A.M.

**Nahant Village Church
27 Cliff Street, Nahant, MA**

For more information,

**Please call 781-581-7557 or
email: kking@nahant.org**

Programs are made possible by:

**Nahant Council on Aging
Nahant Village Church, and
Greater Lynn Senior Services**



Food Shopping at Market Basket:

Please note that our regular every-other-Monday trips to Market Basket will be suspended for the summer months. We hope to resume our shopping outings again in the fall.

Hearing Clinic:

Dr. Taylor Chabot from Atlantic Care, Inc. will conduct a hearing clinic at the Tiffany Room on a bi-monthly basis. **The next visit will be Thursday, October 15th.** Call 781-581-7557 for an appointment.



Foot Clinic:

Dr. Fernandez will be available in the Tiffany Room on a bi-monthly basis. **The next visit will be Tuesday, October 13th.** Call 781-581-7557 for an appointment.



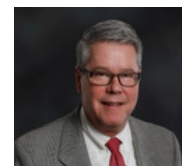
Blood Pressure Clinic:

Held in the Nahant Village Church on one **Wednesday** of each month from 10:30-11:30 a.m. Next clinic is on **September 16th.** No appointment is required.



Elder Law Consultations

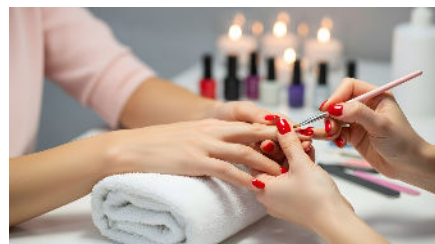
with Brian Snell, Estate Attorney.



Brian Snell is offering initial **private consultations at no cost.** Brian specializes in **wills, estates, and trust planning**, and is an advocate for people that need help navigating the probate process, or any issue relating to estate planning. Call the COA at 781-581-7557 to schedule your appointment.

MANICURES ARE BACK!

Manicures will be held at the Nahant Village Church on Tuesdays: **September 1st, 15th and 29th.**



Monday	Closed
Tuesday	10:00-7:00
Wednesday	10:00-5:00
Thursday	10:00-7:00
Friday	10:00-5:00
Saturday	12:00- 3:00
Sunday	Closed





Aging: Not for the Faint Hearted

When I was still working in Home Care more than one patient told me “Don’t get old.” I reminded them that the alternative was not good either. We are actually quite fortunate and blessed to have achieved the age we are today, but we might be feeling some inevitable decline.

Signs of normal aging include slower thinking, difficulty with word recall (senior moments), difficulty multitasking, decreased hearing and vision, weaker muscles and joint stiffness progressing to real pain. Eventually we may develop difficulty with routine activities and caring for ourselves. This does not even consider the many diseases that can become part of us. Those are cards we were dealt and cannot control. We can find ourselves grieving the loss of our abilities almost as we would the loss of a friend. We may experience anger, frustration, and very importantly, denial.

An article that I read advised that it is best to face our limitations head on, to accept ourselves as we are without shame or denial and move forward. We all try to keep active and independent, but by denying our need for some aid, we could cause ourselves more harm in the long run. If our balance is poor, or we are not walking safely, a cane or walker may be recommended. Refusing to use that device may just land us in the hospital with a broken hip or worse. If we are told that we should not drive anymore because our reflexes are slow or our recall of directions is failing, continuing to drive could cause serious harm to ourselves and others. We will certainly grieve these losses, but by not accepting our limitations we could cause ourselves and our families more pain.

Facing our problems head on is the best way to cope with them. There is a lot of assistance around us if we look for it. Our COA can provide assistance with meals, rides for shopping trips etc., and can refer us for other services. Reach out to your PCP. He or she can assess your problem and give you direction. Maybe a course of Physical Therapy will improve your condition. If you develop difficulty with self-care like bathing and dressing, your doctor can refer you for Home Care, which can be covered by insurance short term. As part of this home care, an Occupational Therapist and Physical therapist can be ordered at home to help you learn techniques that will help keep you independent. There is help out there.

But, there is a good side to being older. We can enjoy time with friends and family and make new friends. Remember that having achieved this age is a gift. Enjoy the day!

Anna Marie Manzano, R.N.



Volunteer Page



Carrie Comito



Having happily lived in Nahant with her husband for over three decades, Carrie enjoys the quiet charm of coastal life after retiring from a career in project management. She loves giving back through her volunteer work with the Nahant Council on Aging, and spends her free time cultivating her garden, trying new recipes, working on puzzles, and knitting. Carrie is a welcomed addition to our volunteer family and we look forward to her being with us for many years to come!

VOLUNTEERS NEEDED

Volunteers Needed at the Nahant Council on Aging

Do you enjoy giving back to the community and lending a helping hand?
The Council on Aging is looking for friendly, reliable volunteers to assist with:

- Dishwashing, one day a week
- Cooking and meal prep, one day a week
- Desserts - provide one day a month



Your time and effort will help create a warm, welcoming environment for the people we serve. Whether you have a few hours once a week, or more to give, your support makes a real difference.

No special skills required - just a willing heart and a positive attitude. Training and guidance will be provided.

For more information, or to sign up, please contact Ann Callahan at the COA by phone: 781-581-7557 or email: acallahan@nahant.org.

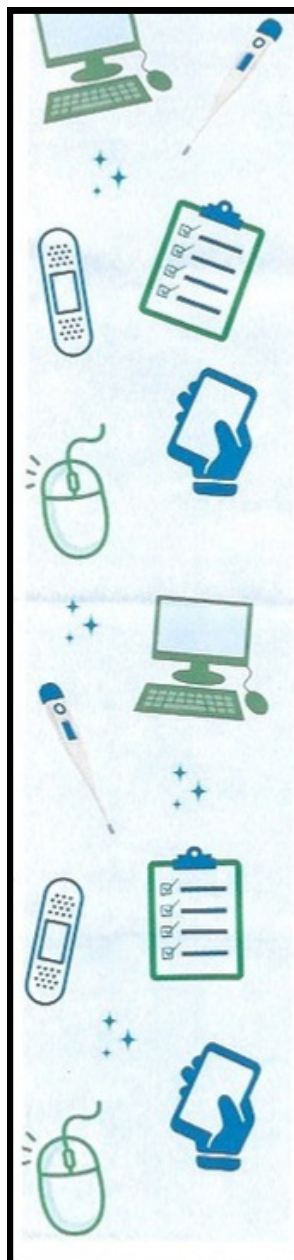
It's Pokeno Time!

Join Annemarie and a fun group of Pokeno players at the Nahant Village Church on September 10th and 24th at 12:30 p.m.



MUSIC AFTER LUNCH!

Join us for a fun afternoon of singing with Michele every other Wednesday in September. Music dates are: September 9th and 23rd at 12:30 p.m. at the Nahant Village Church.



Mystic Valley

Aging Services

Presents

Medicare Workshop

Using the Plan Finder on Medicare.gov

The plan finder on Medicare.gov is an important website used to review your Medicare plan. Join Mystic Valley Aging Services' SHINE Program for:

- Learning to navigate the Medicare website, reviewing plan details, and enrolling in a new plan
- Discussion of setting up a Medicare.gov account and the benefits of creating an account
- At the end of the presentation, receive a document to help you navigate the website from home



Monday, September 14th, from 10 a.m. to 11:30 a.m.



Nahant Council on Aging, Tiffany Room,
334 Nahant Road

Please RSVP to 781-581-7557 or
kking@nahant.org

HELP WANTED

Nahant Council on Aging

COA Van Driver

The Nahant Council on Aging is seeking a dependable and friendly Van Driver to assist with senior transportation services.

Responsibilities:

- Transport seniors safely to shopping, COA programs, and local outings
- Assist passengers entering and exiting the van when needed
- Maintain a courteous and professional attitude
- Follow scheduled routes and safety procedures

Requirements:

- Valid driver's license with clean driving record
- Reliable, punctual, and patient
- Ability to assist senior passengers safely

Hours:

This position is currently a part-time paid position.

To Apply please contact:

Nahant Council on Aging
334 Nahant Road
Nahant, MA 01908
Phone: 781-581-7557



Northeast
Legal Aid

Medicare Advocacy Project

Northeast Legal Aid helps people who may have been unfairly denied Medicare. We provide free legal advice and in some cases representation for Medicare appeals.

We may be able to help if you:

- Are wrongfully charged a **late enrollment penalty** for Medicare;
- Lose or are denied **Medicare Savings Program** benefits;
- Are denied Medicare **coverage** for necessary medical care, equipment, or medication;
- Get **bills** for medical care, equipment, or medication you believe Medicare should have covered; or
- Are told you will be **discharged** from a hospital or skilled nursing facility too early (if Medicare should be covering your stay).

We assist with both Original Medicare and Medicare Advantage appeals.

To request help, call us at (978) 458-1465,
apply online at northeastlegalaid.org/get-legal-help,
or visit one of our offices:

50 Island St. #203A
Lawrence, MA 01840

35 John St. #302
Lowell, MA 01852

181 Union St. #201A
Lynn, MA 01901

LSC America's Partner
for Equal Justice
LEGAL SERVICES CORPORATION

MLAC



Roz' Corner



Thank you, Roz
for the delicious July Birthday cake!



GLOUCESTER DAHLIAS TRIP

THURSDAY, SEPTEMBER 3RD

**HOP ON THE BUS FOR A VISIT TO THE GLOUCESTER DAHLIA
DISPLAY ALONG THE OCEANSIDE. LUNCH WILL BE AT LOBSTALAND
RESTAURANT (PAY ON YOUR OWN).**

BUS WILL LEAVE THE TIFFANY ROOM PARKING LOT AT 9:30 A.M.



**HAPPY LABOR DAY!
COME AND CELEBRATE THE COA LABOR DAY PARTY TO BE HELD
AT THE KNIGHTS OF COLUMBUS**

FRIDAY, SEPTEMBER 4TH AT 11:30 A.M.

PRICE PER PERSON IS \$5.00



JOIN THE NAHANT COA **SUNDAY, SEPTEMBER 27TH AT THE GREATER BOSTON STAGE COMPANY TO SEE THE PLAY “SHEAR MADNESS!”**

**A Juicy gossip, outrageous comedy, and a madcap mystery
that’s a cut above the rest!**

**TICKETS ARE \$35.00 PER PERSON. PRICE DOES NOT INCLUDE LUNCH
PRIOR TO THE SHOW (EVVIVA TRATTORIA).**

PAYMENT MUST BE MADE BY TUESDAY, SEPTEMBER 22nd.

BUS WILL LEAVE THE TIFFANY ROOM PARKING LOT AT 10:30 A.M.



NAVIGATE NAHANT

The Nahant Public Library in collaboration with the COA is pleased to provide home delivery system to our library patrons. **Navigate Nahant** brings library materials to individuals who are unable to come to the library due to illness, disability or restricted mobility. This is FREE of charge and is available on a long-term or short-term basis. Contact the Library at 781-581-0306 to sign up for the Navigate Nahant Program.



Learn to Play Mahjong



Have you always wanted to learn how to play? Or do you need a refresher on the rules? Come to the Nahant Public Library!

September 15

10:30AM- 11:30AM

No experience necessary. More sessions to be determined. The library may soon offer Mahjong for more experienced players as well. Please call the library to register: 781-581-0306

Big Outdoor BOOK SALE

Saturday 9/19
9am-4pm
outside the library



SUPPORT THE NAHANT
PUBLIC LIBRARY. PURCHASE
GOOD QUALITY, LOW PRICED
USED BOOKS. THERE'S
FICTION, NONFICTION,
CHILDREN'S BOOKS,
PUZZLES, AND MORE!



Nahant Village Church

Nahant Community Breakfast

The next breakfast will not be until October 2nd. On September 11th (when the breakfast would have occurred) there will be a Memorial Gathering at Nahant Village Church starting at 8:30 a.m. This marks the 25th Anniversary of 9/11. Our Chapel will be open from 8:30 a.m. to 11 a.m. for anyone who wishes to sit in silence. There will be a moment of silence at 8:46 a.m. followed by a brief prayer. Everyone is welcome. Coffee & tea will be available in Swansburg Hall.

An Invitation To Explore Handbells

The Village Ringers are looking for people interested in bell ringing and music. Prior experience with a musical instrument, singing in a choir, and ability to read a basic music score will get newcomers up to speed quickly. We rehearse once a week on Monday from 5 p.m. to 6 p.m. and perform in a church service or event once a month. We are a very small group of ringers who would like to expand its ranks so that we can perform bigger pieces of music. We'd like to share the fun with others. Bell ringing can be magical!

So, if you would like to know more about what is involved to become a bell ringer, please contact Marrit Hastings at calhast@hotmail.com or call 781-581-5691. An orientation for newcomers is scheduled for Monday, September 14th at 4 p.m. Please let us know in advance if you are planning to come so that we have enough materials for all.

**25th Anniversary of 9/11 Memorial
Gathering
Nahant Village Church
Friday, September 11, 2026
8:30 a.m.**



**The Chapel will be open from 8:30 a.m. to 11 a.m.
for anyone who wishes to sit in silence.
There will be a moment of silence at 8:46 a.m.
followed by a brief prayer.
Everyone is welcome
Coffee & Tea in Swansburg Hall**

**\$5.00 Unless
otherwise
stated.**

**Tiffany Café Menu
September 2026**

781-581-7557

**Reservations for lunch are required
24 hours in advance.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Mixed Green Salad Chicken Cacciatore Rice	2 Baked Ziti Caesar Salad Garlic Bread	3 COA CLOSED FOR DAHLIA TRIP	4 LABOR DAY PARTY At K of C At 11:30 A.M.
7 COA CLOSED 	8 Root Veg. Soup Pork Stew w/ Mushrooms & Pearl Onions Egg Noodles	9 Cowboy Casserole w/Cornbread Stuffing Topping	10 Lasagna Salad Garlic Bread	11 Breakfast For Lunch
14 Pasta w/ Prociutto & Roma Tomatoes Salad Bread	15 Pumpkin Soup Pork Chili Beans & Rice	16 Stuffed Peppers Mashed Potatoes Salad	17 Chicken Casserole w/Bread Stuffing Topping	18 Baked Stuffed Shells w/Ricotta Cheese Caesar Salad
21 Piggyback Pork Casserole w/Egg Noodles	22 Waldorf Salad Mac & Cheese w/Ham & Veggie	23 Chicken Tenders Broccoli Potato Wedges	24 Ham Tortellini Salad Bread	25 Bolognese over Linguini Caesar Salad Bread
28 Chicken Pot Pie over Biscuit w/Veggies Fruit Salad	29 Caesar Salad Penne Pasta w/ Italian Sausage Sauce	30 Quiche Veggie Salad	Menu is subject to change.	

EVENTS CALENDAR

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Strength, RR 10:30-Chair Exercise, TH	1 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH Manicures	2 9:00 Strength, RR 10:30 Chair Exercise, TH	3 COA Closed for Gloucester Dahlias Trip	4 Labor Day Party at the Knights of Columbus at 11:30 a.m.
7 COA CLOSED Happy Labor Day	8 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	9 9:00 Strength, RR 10:30 Chair Exercise, TH 12:30 Music	10 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH 12:30 Pokeno	11 9:00 Strength, RR 10:30 Balance, TH
14 9:00 Strength, RR 10:30-Chair Exercise, TH 10:00 Mystic Medicare Workshop 12:30 SNAP	15 9:00-Chair Yoga, RR 10:30-Chair Exercise, T Manicures	16 9:00 Strength, RR 10:30-Chair Exercise, TH Blood Pressure	17 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH	18 9:00 Strength, RR 10:30 Balance, TH
21 9:00 Strength, RR 10:30-Chair Exercise, TH	22 Autumn Begins 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	23 9:00 Strength, RR 10:30-Chair Exercise, TH 12:30 Music	24 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH 12:30 Pokeno	25 9:00 Strength, RR 10:30-Balance, TH
28 9:00 Strength, RR 10:30-Chair Exercise, TH	29 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH Manicures	30 9:00 Strength, RR 10:30-Chair Exercise, TH	September 27th @ 10:30 a.m. Greater Boston Stage Co. "Shear Madness"	

TH = Town Hall RR = Rose Marie Room at Community Center



Veteran's Food
Volunteers

VETERAN'S FOOD PROJECT Life Saving Station 9:00-10:30 a.m.

Sept. 2nd

**PRE-REGISTRATION (FIRST TIME ONLY):
ALL FIRST-TIME PARTICIPANTS
NEED TO PROVIDE VERIFICATION OF
VETERAN STATUS**



Recipe

Salisbury Steak Recipe

This easy Salisbury Steak recipe is comfort food that the whole family will love!

Prep Time	Cook Time	Total Time
10 mins	10 mins	20 mins



Course: Dinner Cuisine: American

Keyword: Salisbury Steak Recipe Servings: 4 servings

Calories: 200kcal



5 from 29 votes

Ingredients

- 1 lb lean ground beef
- 1/3 cup bread crumbs
- 2 tsp ketchup
- 1 tsp mustard
- 1 tsp Worcestershire
- 1/2 tsp garlic powder
- 1/2 tsp onion powder

Gravy Ingredients:

- 2 packets Brown Gravy Mix
- 2 cups hot water
- 1 tsp ketchup
- 1 tsp Worcestershire

Instructions

1. Add all patty ingredients to a large bowl. Use clean hands to combine. Divide the mixture into four balls and flatten into patties.
2. Heat 1 tablespoon avocado oil in a skillet on medium heat. Cook patties until beef is no longer pink. Adjust temperature to low heat.
3. Pour gravy mixture, ketchup and Worcestershire into hot water. Whisk to combine. Pour gravy over patties in skillet and allow it to come to a simmer. Add ¼ cup of additional water to the gravy if it becomes too thick, and stir. Serve warm over mashed potatoes if desired.

Notes

HEALTH AND WELLNESS

The following classes will be held at the Community Center on Valley Road:

Monday - 9:00 am	Strength Class with Sharon
Tuesday - 9:00 am	Chair Yoga with Lynda
Wednesday - 9:00 am	Strength Class with Sharon
Thursday - 9:00 am	Yoga Class with Lynda
Friday - 9:00 am	Strength Class with Lynda

*** Monday - 10:30 am Chair Exercise. Town Hall

*** Friday - 10:30 am Balance Class. Town Hall



Contact Greater Lynn Senior Services (GLSS): Senior Medical Transportation

8 Silsbee St Lynn, MA 01901 7815990110

Transportation

Greater Lynn Senior Services (GLSS): Senior Medical Transportation

Please make sure to contact Greater Lynn Senior Services (GLSS): Senior Medical Transportation to confirm details of their transportation services. Provides rides for only the following purposes: medical appointments. Also, you must meet at least one of these criteria: you are 60+ years old, or you have a disability. No membership is required.

The Medical Transportation Program offers convenient and reliable transportation services for older adults needing a ride to medical appointments and other health-related destinations. Transportation is provided through a network of vehicles, including cars and vans, ensuring that older adults can reach their appointments comfortably and on time. This program accommodates various payment options to make it accessible to all older adults. Payment can be made via insurance, Medicaid, check, credit card, or cash. In addition, donations are accepted to support the program's mission of assisting older adults in accessing necessary healthcare services. The program also allows for pre-payment, making it easier for older adults to budget for their transportation needs. Riders are encouraged to schedule their rides in advance to ensure availability and proper planning. Shared ride options are available, allowing older adults to share transportation with others going in the same direction. Door-to-door service is offered, providing older adults with personalized assistance from their pick-up location to their final destination. Overall, the Medical Transportation Program is a valuable resource for older adults in need of transportation for their medical needs.

Service Area

Lynn, Lynnfield, Nahant, Saugus, and Swampscott

Days of operation Monday **Open** Tuesday **Open** Wednesday **Open** Thursday **Open** Friday **Open**
Saturday **Closed**

If you have any **SHINE (Serving the Health Insurance Needs of Everyone)** questions, you can contact:

Mystic Valley Elder Services
300 Commercial St. #19, Malden, MA 02145
781-324-7705
www.mves.org

Shine questions can be left for the program by calling the number above and asking to speak with a counselor on duty or leaving a message for the next available counselor on duty. Counselors are not always accessible on a daily basis but calls are returned ASAP.



September Puzzle



F D R E A D L O C K S D S G
R A S E A C B B C Y Z H N P
R O U Z V M P O T T A L F F
B T Z X O O L W U G E E H R
P U E H H I B L D F Y H C E
B O A L V A I M H I F C O N
Y W R E L A W I O C A A R C
K O D C T U T K R C F R N H
F L B K O O M E M R R E R T
A B C E P D W L I O O H O W
C U W F G C A N F X P T W I
D Y A A U A G N B A I T S S
H D E T Y E P M G Y C P O T
E S G N A B D I D O F L I P

CROP
DEVILOCK
DIDO FLIP
DREADLOCKS
DUCKTAIL
FAUXHAWK
FLATTOP
FRENCH
TWIST
FRINGE
HI-TOP FADE
MOHAWK
MOP-TOP
MULLET

AFRO

BUZZ

ODANGO

BANGS

CAESAR

PAGEBOY

BLOWOUT

COMB OVER

PIXIE

BOUFFANT

CORNROWS

SHAG

BOWL

CREW CUT

"THE RACHEL"

Nahant Council on Aging

Meet Your Staff

Kelly King, Executive Director
Ann Callahan and Maria Flanagan,
Assistants to the Director

Pat Scanlon - Transportation
Annemarie Glowacz -Transportation
Scott Kirkland - Transportation

Nahant COA Board of Directors:

Donna Steinberg - Chair
Farris Vanmeter - Vice Chair
Andrea Murphy - Secretary
Sheila Hambleton - Treasurer

Angela Bonin
Lollie Ennis
Emily Potts
Roz Puleo

**The Friends of Nahant Council On Aging
have recently received the following
donation:**

FRIENDS CORNER

Friends of Nahant COA Executive Board

Linda Lehman - President

Susan Downs Cripps - Vice President

Patricia Kavanagh - Treasurer

Margaret Silva - Secretary

Friends meet the second Wednesday of each month.

TIFFANY ROOM, TOWN HALL at 9:00 am

Help Support the Friends of Nahant Council on Aging

Please accept my tax-deductible donation:

Donor Name: _____ Phone: _____

Address: _____

Email: _____

I would like my donation to be (circle one):

In Memory of:

In Honor of:

In Appreciation of:

Name: _____

Please send gift notification to: _____

Please make checks payable to:

“Friends of Nahant Council on Aging”, 334 Nahant Rd., Nahant, MA 01908



September 1	BARANEK JEANNE, GRAUL ANNE, TAYLOR MARTHA
September 2	CORT MARYLIZ, KETUDAT ELIZABETH, SPINELLI WALTER
September 3	COMEAU DONALD, MESSINA H
September 4	CAPOBIANCO ROCHELLE, DELANEY CAROL, FOTI-SCOVELL DONNA, HUDSON ANN, MAZZAFERRO THOMAS, NAGLE RICHARD, PETERSON WILLIAM
September 5	MANTERNACH BRUCE, RUIZ CARLOS, WILSON JENNIFER
September 6	CAGGIANO ROBERT, CALLAHAN ANN, INGLIS JEAN, INGLIS JOAN, MELLEN MAUREEN
September 7	BYRON ROBIN, MACCARIO CARL, MARTELLI ARTHUR, ONOS JULIE
September 8	COSTIN MORGAN, SLAGEL NANCY
September 9	AMARI-FAULKNER FRANCINE, GUGLIELMI MARIA, MARSHALL BRUCE, OCONNOR CATHERINE,
September 10	BRIGGS CHARLES, CARROLL KATHLEEN, MANTZOUKAS CYNTHIA
September 11	BORYS KAROL, CIOTA JOSEPH, DUNFEE MICHAEL, HENRY MARTIN, MERRILL SCOTT
September 12	ROWEN NORINA
September 13	LOCANTORE ROGER, MICHAUD JOHN, MURPHY SUSAN
September 14	BENTGEN LOUIS, CADIGAN DIANNE, COOKINGHAM THEODORE, COOKINGHAM TAMARA, DUNION DIANNE, MAZAREAS PETER, NISHIMOTO KAZUYO, O'SHEA JUDY, PULEO ROSAMOND
September 15	DUNFEE DIANE, ENNIS COLLEEN, KANE PATRICIA, PETRUCCI MARIE
September 16	DE PAOLIS-FEINGOLD JUDY, HODGES WINIFRED, KAVANAGH PATRICIA, MALAAB SUSAN
September 17	COLE RONALD, DESMARAIS JULIE, EATON DOUGLAS, HAWKO KAREN, HOWARD CHRISTINE, SNYDER AMY BETH, WILSON JAMES
September 18	DUPREUIL MARIE
September 19	CAMPBELL GAIL, CANTY KAREN, COSTIN THOMAS, FANTASIA PETER, JARRELL DARLENE, MCDONOUGH LAWRENCE, MCGINLEY JAMES
September 20	BALDINI LINDA, BELAIR JAMES, DEWING ROBERT, GAUCHER DIANE, LUDKE MARYJO, POTH COLLEEN, STERITI ANTONIA
September 21	BREITHAUPT DONNA, HENDRICKSON MATTHEW, RITCHIE ANN, STEINBERG ROBERT
September 22	BROWNLIE BARBARA, CONWAY CAROLE, DOLHUN KATY, DOWNS CRIPPS SUSAN, FORTINO VICTORIA, SAN ROMAN VALLARINO RAFAEL, SANROMAN RAFAEL
September 23	FLAHERTY JUDITH, SANCHEZ JOSE, SOLEYMANI ABBAS
September 24	BALDWIN KATHLEEN, BOONTONG VANNARAT, CASTETTER KIRK, MALAAB GHASSAN, MCCARTHY FRANCIS, MELANSON DANIEL, PETERSON LINDA, SILVA JOHN
September 25	JARRELL MARK, JORDAN BETH, MAZAREAS CYNTHIA, MICALIZZI STEPHEN, NELSON CAROL, WEBER JOHN
September 26	BUTLER THOMAS, DUFFY PAUL, KROL MARY, MUNNELLY DANIEL, OBRIEN STACEY, SHERLOCK GLENN, SNOW SUSAN, VIVAS LEONARDO
September 27	BELLIVEAU MICHAEL, CAMPBELL JOCELYN, MCGILLOWAY BRYAN
September 28	DOHERTY CAROL ANNE, DORAN EDNA, LENZI PAUL, MARKOS GEORGE, MORIN DEBRA, PRINCIPE LUCY, ROSEN LESLIE
September 29	BUCKLEY DENISE, LOCKE NANCY, STEVENSON KERRY, WEIR THERESA
September 30	CHAISSON LOLA, LOSPENNATO PAUL, WORTMAN DONNA